

## TIPS FOR MOTHERS & FATHERS

# BABY KNOWS HOW MUCH IS ENOUGH

What parents need to do is give the right kinds of food when baby is hungry and then stop when baby is full.

During the first weeks of life, you will be getting to know your baby, and the signals your baby uses for when he or she is hungry or full. This is something that you will need to learn. Each baby is different.

### ■ When baby cries

Baby might need

- a diaper change
- to be held or cuddled
- to be fed

### ■ Learn which cry means baby is hungry.

- Babies love to suck! It doesn't always mean they are hungry.
- If your baby was just fed and is now crying, is your baby hungry or crying for another reason? Try to comfort your baby, but if nothing works, your baby is probably hungry.

### ■ When baby is full

Baby might:

- spit out the nipple or food
- fall asleep
- play with the nipple or bite it, rather than sucking on it
- play with the food
- lie quietly and just suck every once in a while



NEWBORN, 2 OR 3 MO.

## Tips:

- Do not force your baby to finish all the formula, or baby food or to keep nursing. Baby knows how much is enough at each feeding.
- Remember: babies do not always get hungry on a schedule and do not always take the same amount at a feeding! You need to be flexible!

## NOTES ON FEEDING:



WIC Because  
You Care

North Dakota WIC Nutrition Program  
600 E. Boulevard Ave.  
Bismarck, ND 58505-0200  
1-800-472-2286